

WIC – Building Healthy & Strong Families

WIChealth.org: Get Started!

WIChealth.org is a nutrition education website tailored to meet the goals of WIC participants in a convenient, flexible, interactive format. Benefits include:

- Reduced travel time (and money savings) for participants in rural communities
- Less scheduled appointments in clinic
- Participant can complete education on their own time
- Individualized education
- Many participants prefer getting information online, meet them where they are
- Comments from participants are very positive, great learning experience!

Upon completion of their education they will receive a certificate that can be presented at their next visit, emailed or post mailed to the local agency as proof of completion. Once the interactive follow-up is completed, benefits can be sent to participants if they so choose.

Getting Started:

There are a few steps that need to be taken to set up wichealth.org at your local agency in order for the process to run smoothly:

- Each local agency (including the director) should register at www.wichealthsupport.org under ONE account
 - **WIChealthsupport.org** provides access for WIC staff to client search, evaluation reports, statistics, frequently asked questions and a blog set up and administered by the creators of the program.
 - To set up an account:
 - Have one person contact help@wichealth.org to set up a staff account
 - When you have received your access information, visit the site www.wichealthsupport.org and log-in.
 - Pull down the menu by your user name. Choose profile and complete the information.
 - Return to account home and change the password and communicate this information within agency
- An email account should be set up for your local agency through the county, tribal government or contracting entity.
 - An example might be: wic@riverstonehealth.org
 - Certificates of completion will be e-mailed to this account. The e-mail address can be the same as is used for e-mail appointment reminders if you are using that option in SPIRIT.

- Once you have an e-mail address set up, contact Kate Girard at kgirard@mt.gov. Provide your agency or clinic name and e-mail address as you want it to appear on the list of locations. Participants will use this list to select where to send their certificates following their education.
- Plan for how your local agency will conduct follow up
 - It is up to local agency as to how/when they will receive follow up calls from participants.
 - Follow up should be interactive, including questions about what the participant learned and answer any questions they have. This may be done by phone or in person.
 - Local agencies must document the specific title of the education and follow up content in the participants chart
 - Local agencies must determine the next nutrition education method according to the nutrition care plan

Four flyers are attached:

- 1) **WIChealthsupport.org**—provides information you can find at www.wichealthsupport.com
- 2) Staff flyer—provides information about **wichealth.org**
- 3) Participant flyer—provides information about how to use the site, gives a list of the lessons to choose from, and a space to write down household ID and e-mail address
- 4) Packet insert—conveniently prints in tri-fold with easy “how-to” instructions for participants to follow

In order to view or test **WIChealth.org** the way your participants will see the website please use:

- User name: montanademo
- Password: wichealth

Your local agency may begin using WIChealth.org when:

- Your local agency’s e-mail address has been set up (communicate this to Kate)
- Your local agency has been registered at the support site
- Your local agency has a plan in place for the interactive follow-up